

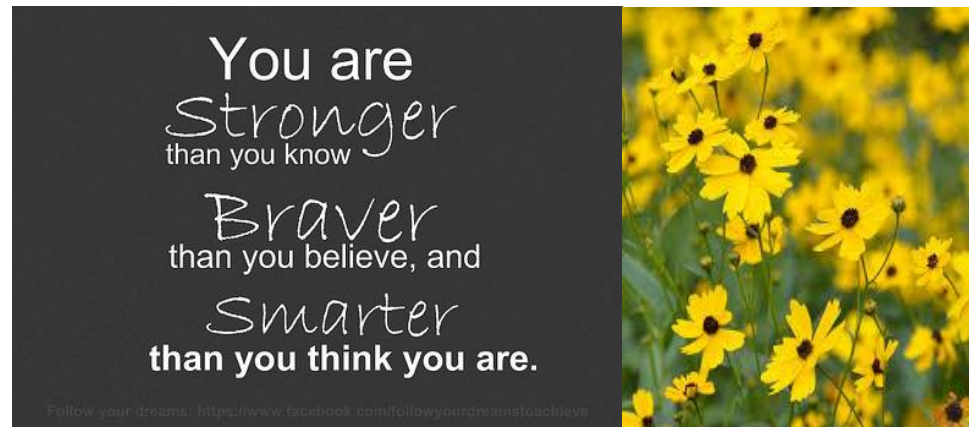
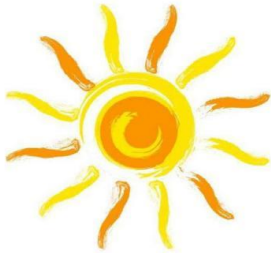


Phone (530)694-1816, 1-800-318-8212

Let's Connect!

July 29, 2020

Virtual Create the Good kicks off Friday August 6, (info on page 3)



How Mental Health Clinicians Can Support You?

Mental health therapy can be an effective way to overcome challenges and obstacles. Clinicians help people with a wide range of difficulties, including (but not limited to) depression, anxiety, stress management, relationships, and difficulties of specific mental illnesses and personality disorders.

Uncertainties about the process can make people hesitant to seek mental health therapy. Keep in mind each clinician is unique in their personality and approach, here's what you can expect a each to do:

- Provide a safe place where you can talk about things you're not comfortable sharing with others.
- Listen deeply and reflect your ideas back so you can understand yourself in new ways.
- Focus on your background, thoughts, emotions, behaviors, or a combination to help you make sense of problems and move forward positively.
- Refrain from giving advice or ordering you to change.
- Help you explore options and choices.
- Work with you to develop skills and tools to soar on your own rather than keeping you dependent on therapy for life.

Working with a clinician can empower you to rise above obstacles and create the best version of yourself and your life. If you feel stuck and want to overcome what's holding you back, mental health therapy might be something to consider.

Alpine County Behavioral Health Services is available Monday- Friday 8-5pm, appointments can be set up by calling 530.694.1816, currently clinicians are meeting with clients via zoom, skype or over the phone. 24/7 Crisis Line (800)-318-8212



Dial-A-Ride News

Ron Dobyns is the full-time driver for Alpine County Dial-A-Ride, a service for Community residents for a small fee..

Transit hours are Monday-Friday 8:00am-5:00am. Reserve your ride by calling 530-694-9301. Leave your contact information, date of trip and destination. Ron will call you back to confirm the availability and schedule your ride.

YOGA

Behavioral Health Services is offering

4: 1 hour Zoom yoga classes weekly

Monday & Wednesday 9-10am

Tuesday & Thursday 5:30-6:30pm

To receive the link to the classes, use links below or call our office at 530-694-1816, provide your email address.

Tuesday & Thursday 5:30-6:30pm Brent Grueter

<https://zoom.us/j/93349130989?pwd=SHNFb0NEMGprZVZDRG8yRFoyRUUvdz09>

or dial 1-669-900-9128, enter 933 4913 0989, press #

Monday & Wednesday 9:00-10:00am Alex Mannos

<https://zoom.us/j/92366446965?pwd=c3VsNXcxSEZWb1lrQW50VXd6ajkxdz09>

or dial 1-669-900-9128, enter 923 6644 6965, press #

Virtual CREATE THE GOOD Kick-off August 2020

Friday August 6, 2020 at noon **"Eat the Rainbow"**



Wednesday August 12 at 5pm and Friday August 14 at noon **"Food as Medicine"**



Let food be thy medicine,
& medicine be thy food. -Hippocrates

Friday August 21 at noon **"Increasing Connectedness"**



Wednesday August 26 at 5pm and Friday August 28 at noon **"Mindfulness and Flow"**



Zoom with BHS for Create the Good
<https://zoom.us/j/98887819160?pwd=d0tsTS9GaGhzYUhuSFJoY3cvclNSQT09>
or call 1-669-900-9128, enter: 988 8781
9160 and press #
Questions or more information call 530.694.1816

SAVE THE DATE

50+ Club ZOOM

Thursday August 13, 2020 at 12pm

Virtual Tour more details to come in next issue of
Let's Connect!.

Zoom Link for all 50+ Gatherings:

<https://zoom.us/j/95144835750?pwd=YmVoUW9nT1RUZ2EvTXNya0hNaURxdz09>

or dial in 1-669- 900-9128, enter 951 4483 5750, press #

We'd love to hear what **YOU**, our Alpine County community members, would like to see in this newsletter. **We'd also like to showcase the talents we harbor here in our area.** If you would be willing to share a "how to..." lesson, a poem or short story, artwork or something else, please contact us!

694-1816 or driddle@alpinecountyca.gov

Included in this issue:

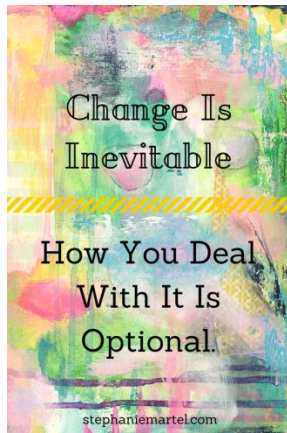
1. YouTube Links

- "Don't Give Up On Me" Andy Grammer ft. PS22 Chorus
<https://www.youtube.com/watch?v=KL9qp0FNEzU>
- Meditation "Noting and No More Whack-a-Mole"
<https://www.youtube.com/watch?v=3St86sfFj4E&t=325s>
- "Take a Seat and Make a Friend"
<https://www.youtube.com/watch?v=HfHV4-N2LxQ&pbjreload=101>

2. **ANSWERS** to Brain Teasers and Music Genres Word Search Puzzle in July 15, 2020 newsletter

Items below are found on following pages:

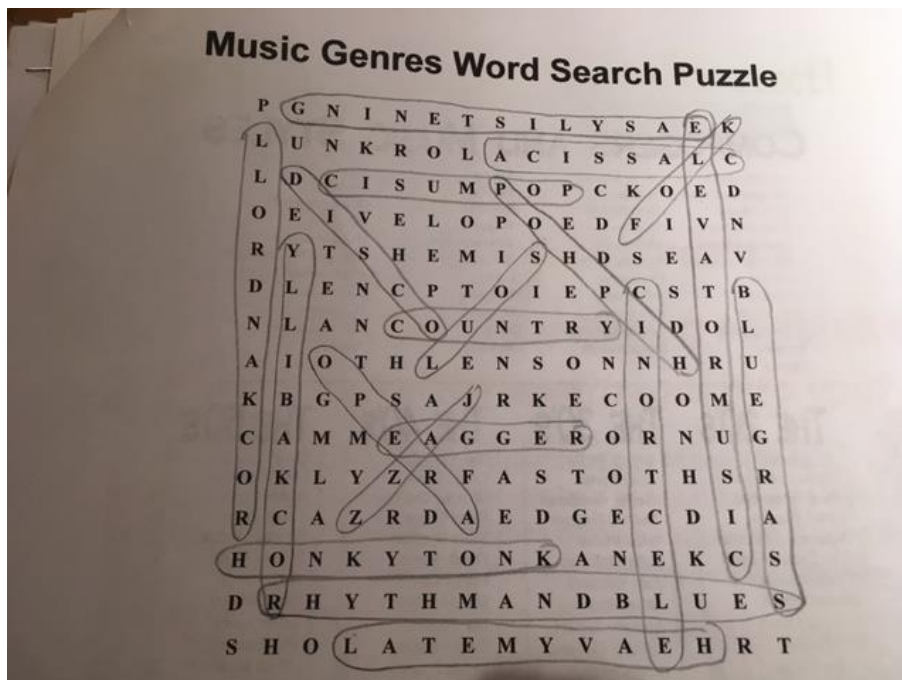
3. Self Care Tips
4. 10 New Brain Teasers
5. Other Resources for Mental Health Help
6. What does Mental Health Mean to you? (submit for guaranteed prize)
7. Chocolate Mint Smoothie Recipe
8. 2 Coloring Pages



Brain Teaser ANSWERS (from July 15, 2020 issue)

1. Cotton, snow, cloud
2. A) resting B) toasting C) jesting
3. Possible answers include *tact, tart, taut, tent, test, text, that, tilt, tint, toot, tort, tout, trot, tuft, twit*, and others.
4. A) Construction Ahead B) Minimum Speed C) Divided Highway
5. A) *The Call of the Wild* by Jack London B) *Treasure Island* by Robert Louis Stevenson C) *David Copperfield* by Charles Dickens
6. A) penguin B) open C) deepen
7. Answers include *taco, hero, menu, city, mama, papa, memo*, and others.
8. I can eat more bread than you can.
9. Possible answer: *lemon, cheese, canary*
10. A) yes, heal, eyelash B) rat, mesh, hamster C) car, trot, tractor Other answers may also be possible.

Music Genres Word Search ANSWERS (from July 15, 2020 issue)





Self Care Tips for Physical and Mental Health

Physical Health

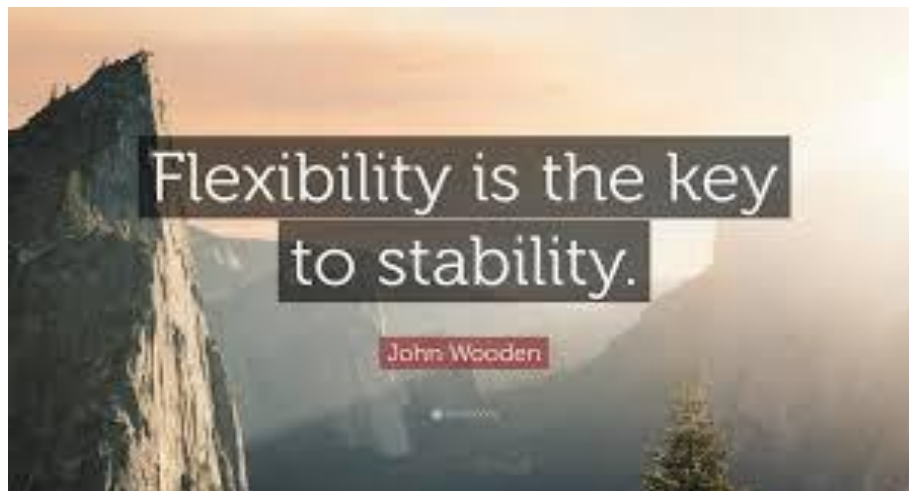
- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.
- Spend time outside, such as going for a walk in the park, but follow social distancing guidelines.

Mental Health

- Set and maintain a routine at home.
- Focus on things you can control.
- Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to, like joining a BHS Zoom.
- Focus your thoughts on the present and things to be grateful for today.
- Listen to music or read books.
- Consume reliable news sources that report facts, and avoid media that sensationalizes emotions. Limit your exposure or take a break from news and social media if you find that it makes you anxious.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations.
- Acknowledge and appreciate what others are doing to help you and your community.

10 NEW BRAIN TEASERS

1. Write at least four synonyms for *TINY* that are spelled with eight or more letters.
2. In each sentence, fill in the blanks with two different words that use exactly the same letters.
A) Doctor, what ____ of this medication ____ this patient receive?
B) Because of all the sore ____ on his hand, Ben doesn't want to clean up using a brush with stuff ____.
3. Rearrange each pair of words to spell a pair of *homophones*, or words with the same sounds but different meanings.
A) AIRLESS - RESCALE
B) SWEAT - WAITS
4. What one word completes all of these?
____ cap, ____ fish, bob ____, ____ tail
5. Change one letter in each word to form a sensible sentence.
A seed so bake I song tap.
6. Spell the words for the even numbers from 1 to 20 in alphabetical order.
7. Spell as many words as possible using each of these letters exactly once:
A E I M N R S
8. Spelling Quiz! Identify and correct the misspelled words.
embarrass, endeavor, epilogue, exaggerate, extraneous
9. When I typed this phrase, my hands were on the wrong keys! They should have been one key to the left. What should this say?
Jsbr s hppf fsu/
10. One business uses the acronym F.I.R.S.T. What words might these letters represent?



Other Resources for Mental Health Help:

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255) for free 24/7 support

Crisis Text Line: Text MHFA to 741741 for free 24/7 crisis counseling

Lifeline Crisis Chat: Visit crisischat.org to talk online with crisis centers around the United States

The Trevor Project: Call 866-488-7386 or text "START" to 678678 for mental health support specialized for the LGBTQI community

We STILL need your input to create a
"Wall of Words" for an upcoming newsletter:
What does mental health mean to you?

Email driddle@alpinecountyca.gov or call 694.1816.

(small prize for all submissions)

It can be short, it can be long, it can be a poem, it can be a song....



Chocolate Mint Smoothie Recipe

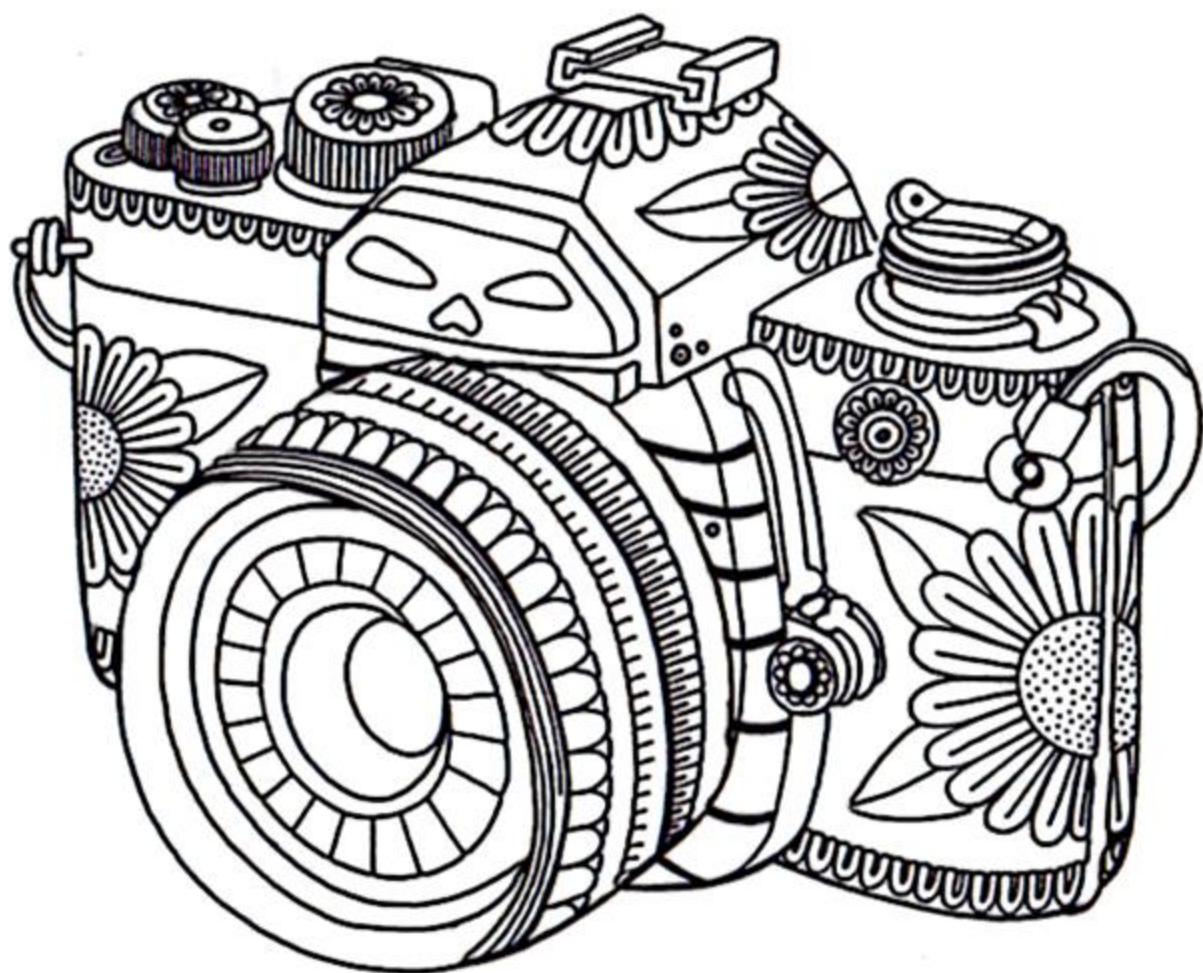


1 cup almond milk, 2 cups of spinach, 1 banana

2 tbsp carob powder or raw cacao powder

10-12 fresh mint leaves, 1 cup of ice

Mix all ingredients in blender. Calories: 184, Fiber: 6.9g, Sugar: 12.7g





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